Spring 2003 PFA

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Ex CFL, NDCSW

Spring 2003

- Conducted late April throughout command
- Final make-up PFA 2 May
- PHA on going concerns, compliance by Dec ‘03

Spring 2003 PFA Results

- 45 Outstanding
- 98 Excellent
- 129 Good
- 12 Fail

Focus of the Command

- 11 Failures; mainly due to body fat and/or cardio; 1 curl ups, 1 combo BF, pushups
- 2 Officers; 1 each O-5, O-6; both males
- 9 Enlisted; 5 E-3, 3 E-4, 1 E-5, 5 males, 4 females
- Recent Surgeon General's statement on childhood obesity ~12% of population; Peds state 15%

Comparing to USN

- USN Fall ’02 NDCSW Spring ’03
- 8.27% vs. 15.8% Outstanding
- 21.8% vs. 34.5% Excellent
- 47.06% vs. 45.5% Good
- 5.76% vs. 3.9% Fail

Breakdown of failures at USN vs. NDCSW

USN	NDCSW	
44%	0%	BCA only
44%	27.2%	PRT only
12%	72.7%	Both

Breakdown of PRT failure USN vs. NDCSW

- USN NDCSW
- 78% 90.9% cardio
- 9% 9% push ups
- 13% 9% curl ups

Changes Ahead

- DTC Cal is now the CFL
- PHA variables, new program
- New cardio tested this spring, changes from it???

Thank you for your support!

- Good luck DTC Cal